

SPORTS

HRV alum places second in UW heptathlon record books

By **GABRIEL BRAVO**
News staff writer

A Hood River Valley High School alum made it into the University of Washington heptathlon record books after competing in the Mountain Pacific Sports Federation Track and Field Championship Feb. 28-29. With a final score of 5,487, Parker Kennedy moved up to second place in school history.

Jeremy Taiwo holds the school record at 6,156 set back in 2013.

Parker attributes his achievement to long practice hours and an interest in heptathlons since high school.

"I started doing the decathlon in high school and then got recruited by UW to pole vault, but then started doing the multi-events there," Kennedy said. "Over the last two years, I've been training really hard in the heptathlon, indoors, and in the decathlon, outdoors. We train speed and power because most of the events are speed and power. Multi-event people who do the decathlon and heptathlon definitely have to stick around for longer hours to practice the different technique events because it's a lot of technical work."

On the first the day of the

event, Kennedy leaped his personal best in the long-jump at 23 feet and seven-and-a-half inches. The Huskie also set a personal record in the shot-put with a toss of 42 feet and 11-and-a-half-inches.

In the second day of the event, the junior won and set a personal record in the 1,000-meter run at 2:38. He also hurled the bar in the pole vault at 15-feet-nine-inches.

"It was pretty exciting (placing in second)," Kennedy said. "The guy who has the number one spot is an Olympian and had the world record in the high jump in the decathlon. He's a volunteer coach right now."

This event wrapped up the indoor season and Kennedy was set to begin the outdoor season until UW canceled all sporting events and practices until June 5.

"Right now, our whole season is canceled, and we'll know if we can practice as a team at the end of this month," Kennedy said. "Now it's kind of hard to stay fully engaged in practicing and working out. But I'm just doing my usual daily training plan that I've been doing on my own. Hopefully we can find some meet to do outside of NCAA competition. It's been hard to have put in a



Photo courtesy of Parker Kennedy

UNIVERSITY of Washington junior Parker Kennedy runs ahead of an opponent at the MPSF Championships Saturday, Feb. 29 in Seattle.

bunch of work and be shooting for big goals and have this year's opportunity taken away.

It's put everyone in a confused, depressed state."

With the extra time on his

hands, Kennedy said he'll take a closer look as to where he needs to improve his game,

focus on mental health and not let public health concerns worry him too much.



Photo by Gabriel Bravo

CATCHING SOME WIND

Kite surfer Gary Siskar guides his power kite down to the beach with help from a fellow kite surfer at the Hood River Event Site Saturday, March 21. This method of lowering the kite grounds the apparatus at an angle which prevents wind from catching in the sail and flying away, Siskar said.

Hometown wrestler wins NJCAA title



Photo submitted by Jason Shaner

CLACKAMAS Community College sophomore Jason Shaner took the NJCAA title for the 133-class and closed out his season with a 28-22 record.

By **GABRIEL BRAVO**
News staff writer

Clackamas Community College won its second consecutive NJCAA wrestling title Saturday, March 7, in Council

Bluffs, Iowa. Jason Shaner, Hood River Valley alum, contributed in this achievement by beating Ladamien Sturdivant in the final round for the 133-weight class.

Shaner fought and compet-

ed his way to the final with a 28-2 record. In one loss, Shaner wrestled up a weight class because the team needed it and lost due to a concussion he previously suffered in a bus accident.

"I think it was in December," Shaner said. "We just duelled in Roseburg and on the way over to Reno, we flipped our bus. It was a bad situation but I'm just happy nobody got seriously hurt. Half of our lineup was concussed or had some minor injuries that put us back. We all made it through though. We came back strong at the end of the year. It wasn't a good experience, but it made us closer as a team."

To commemorate the incident, the team had "Just roll with it" imprinted in the national shirts they ordered. After taking a week to recover from the accident, Shaner returned to the mat chasing after the title.

"It's cool to be back-to-back national champions because it's never been done," Shaner said. "Our coach, Josh Rhoden, has only had two national championships prior to this year. I was on the team last year that did it. To be honest I knew it was going to be harder to win it a second time, but I knew our team was capable

and it was awesome. We did it for our coaches and basically everyone who supports us. We did it for ourselves too, but it's great to see all of our hard work to pay off for everyone who supports us. We have a big following in Oregon City, Clackamas area and the wrestling community."

His winning no-compromising attitude stems from a desire to win and excel. Shaner said he doesn't like losing and always strides to improve.

Shaner's father, Jason Shaner Sr., said he saw his work ethic since high school.

"I'd like to say it was us but it's all Jason," Jason Shaner Sr. said. "People think we push him but it's not us. Right now he's still running five, six miles a day. I tell him, 'You're not going to wrestle for six months. You can take a week off.' It's all him. He sets high goals and he'll kill himself trying to make it."

Jason Shaner says he hopes he sets a good example for wrestlers at CCC and at HRV by making the right choices on and off the mat.

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WEATHER FOR HOOD RIVER, OR | MARCH 25-31, 2020

Today	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
52 / ³⁶	52 / ⁴¹	53 / ⁴²	56 / ⁴¹	63 / ⁴¹	63 / ⁴⁰	61 / ⁴⁰
Variable clouds with a shower	Rather Cloudy	Cloudy with showers around	Cloudy with rain possible	Mostly cloudy, rain possible	Cloudy with rain possible	Mostly cloudy, rain possible

Actual High/Low

March 18-23	
Wednesday	62/32
Thursday	67/32
Friday	70/32
Saturday	67/37
Sunday	67/33
Monday	51/36

Updated 3.23.20, 9:10 AM PDT
Data from Accuweather.com

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